

**BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM
CODEBOOK REPORT, 2003**

Physical Activity at Work

Section: 18.01 Physical Activity

Type: Num

Column: 173

SAS Variable Name: JOBACTIV

Prologue:

Description: When you are at work, which of the following best describes what you do? (If respondent has multiple jobs, include all jobs.)

Value	Value Label	Frequency	Percentage	Weighted Percentage
1	Mostly sitting or standing	99,123	64.32	61.83
2	Mostly walking	31,175	20.23	21.58
3	Mostly heavy labor or physically demanding work	21,197	13.75	14.73
7	Do not know/Not Sure	2,188	1.42	1.20
9	Refused	438	0.28	0.66
BLANK	Not asked or Missing Notes: Section 14.08, EMPLOY, is coded 3, 4, 5, 6, 7, 8, 9, or Missing	110,563		

Moderate Physical Activity

Section: 18.02 Physical Activity

Type: Num

Column: 174

SAS Variable Name: MODPACT

Prologue: We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

Description: Now, thinking about the moderate physical activities you do [fill in (when you are not working) if "employed" or "self-employed" to core Q12.8] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

Value	Value Label	Frequency	Percentage	Weighted Percentage
1	Yes	213,157	81.45	80.85
2	No - Go to Section 18.05 VIGPACT	46,996	17.96	18.09
7	Do not know/Not Sure - Go to Section 18.05 VIGPACT	798	0.30	0.28
9	Refused - Go to Section 18.05 VIGPACT	745	0.28	0.78
BLANK	Not asked or Missing	2,988		

Moderate Physical Activity Days**Section: 18.03 Physical Activity****Type: Num****Column: 175-176****SAS Variable Name: MODPADAY****Prologue:****Description: How many days per week do you do these moderate activities for at least 10 minutes at a time?**

Value	Value Label	Frequency	Percentage	Weighted Percentage
1 - 07	Days per week Notes: _ _ = Days per week	210,679	98.86	99.13
88	Do less than 10 mins of moderate activity at a time - Go to Section 18.05 VIGPACT	537	0.25	0.19
77	Do not know/Not sure - Go to Section 18.05 VIGPACT	1,770	0.83	0.63
99	Refused - Go to Section 18.05 VIGPACT	113	0.05	0.05
BLANK	Not asked or Missing Notes: Section 18.02, MODPACT, is coded 2, 7, 9, or Missing	51,585		

Moderate Physical Activity Time**Section: 18.04 Physical Activity****Type: Num****Column: 177-179****SAS Variable Name: MODPATIM****Prologue:****Description: On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?**

Value	Value Label	Frequency	Percentage	Weighted Percentage
10 - 759	Hours and minutes per day Notes: _:_ _ = Hours and minutes per day	201,940	95.91	96.63
777	Do not know/Not sure	8,316	3.95	3.22
888		1	0.00	0.00
999	Refused	303	0.14	0.15
BLANK	Not asked or Missing Notes: Section 18.02, MODPACT, is coded 2, 7, 9, Missing, or Section 18.03, MODPADAY, is coded 77, 88, 99 or Missing	54,124		

Vigorous Physical Activity**Section: 18.05 Physical Activity****Type: Num****Column: 180****SAS Variable Name: VIGPACT****Prologue: We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.]****Description: Now thinking about the vigorous physical activities you do [fill in (when you are not working) if "employed" or "self-employed" to core Q12.8] in a week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?**

Value	Value Label	Frequency	Percentage	Weighted Percentage
1	Yes	109,024	41.73	45.03
2	No - Go to Section 19.01 VETERAN	150,108	57.46	53.72
7	Do not know/Not sure - Go to Section 19.01 VETERAN	987	0.38	0.32
9	Refused - Go to Section 19.01 VETERAN	1,140	0.44	0.94
BLANK	Not asked or Missing	3,425		

Vigorous Physical Activity Days**Section: 18.06 Physical Activity****Type: Num****Column: 181-182****SAS Variable Name: VIGPADAY****Prologue:****Description: How many days per week do you do these vigorous activities for at least 10 minutes at a time?**

Value	Value Label	Frequency	Percentage	Weighted Percentage
1 - 07	Days per week Notes: _ _ = Days per week	107,452	98.60	98.97
88	Do less than 10 mins of vigorous activity at a time - Go to Section 19.01 VETERAN	377	0.35	0.25
77	Do not know/Not sure - Go to Section 19.01 VETERAN	1,085	1.00	0.73
99	Refused - Go to Section 19.01 VETERAN	62	0.06	0.05
BLANK	Not asked or Missing Notes: Section 18.05, VIGPACT, is coded 2, 7, 9, or Missing	155,708		

Vigorous Physical Activity Time**Section: 18.07 Physical Activity****Type: Num****Column: 183-185****SAS Variable Name: VIGPATIM****Prologue:****Description: On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?**

Value	Value Label	Frequency	Percentage	Weighted Percentage
10 - 759	Hours and minutes per day Notes: _:_ _ Hours and minutes per day	105,263	97.99	98.40
777	Do not know/Not sure	2,067	1.92	1.50
999	Refused	96	0.09	0.10
BLANK	Not asked or Missing Notes: Section 18.05, VIGPACT, is coded 2, 7, 9, or Missing or Section 18.06, VIGPADAY, is coded 77, 88, 99, or Missing	157,258		